



Apply online anytime for Free & Reduced Price Meals at [www.heartlandapps.com](http://www.heartlandapps.com)

### Pay Online for School Meals

Everyone Loves a Line that Moves! Parents are encouraged to prepay for meals. Parents can make a pre-payment safely & securely at:

[www.myschoolbucks.com](http://www.myschoolbucks.com).

Students who have pre-paid in advance can transact up to 7 seconds faster at the serving line than those who pay cash or check for their meals, giving kids time to eat with friends.

View purchases, set up low balance warnings & more with your free account. CNS will also accept cash or check at your child's school.

*Please note: If a student forgets or loses their lunch money, the student will be allowed to charge their meal. Please review the full Meal Charging Policy at:*

[www.eesd.org/cns](http://www.eesd.org/cns)

**Meal Prices**  
Full Price \$3.50  
Reduced \$0.40

# WINTER LUNCH MENU 2018-19

**Important dates to remember:**  
November 12 – Veteran's Day Holiday  
November 14 – Conference Day  
Nov 19-23 – Thanksgiving Break  
Dec 24-Jan 4 – Winter Break

	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
<b>Week One</b> Will begin on the following weeks:  October 29 November 26 December 17	Cheese Pizza Pie (V)  Taco Pocket (T)  Peas Apricots	Bean & Cheese Burrito (V)  Corn Dog (C)  Fresh Broccoli & Cauliflower Banana	Pepperoni Pizza Pie (T,B)  Grilled Cheese Sandwich (V)  Corn Mixed Fruit	BBQ Rib Sandwich (B)  Cheese Pizza Pie (V)  Pinto Beans Whole Apple	Three Cheese Calzone (V)  Mini Burger Twins (B)  Green Beans Sliced Pears
<b>Week Two</b> Will begin on the following weeks:  November 5 December 3 January 7	Chili Cheese Dog (C, B)  Grilled Cheese Sandwich (V)  Corn Strawberry Cup	BBQ Turkey Pocket (T)  Cheese Quesadilla (V)  Peas Banana	Macaroni and Cheese (V)  Turkey & Cheese Sandwich (T)  Garden Salad Diced Peaches	Chimi Nada (V)  Bagel Dog (C)  Green Beans Mixed Fruit	Pepperoni Pizza Pie (B,T)  3x5 Cheese Pizza (V)  Pinto Beans Whole Apple
<b>Week Three</b> Will begin on the following weeks:  November 13 (Tues) December 10 January 14	All American Burger (B)  Cheese Quesadilla (V)  Corn Applesauce Cup	Macaroni and Cheese (V)  Beef, Bean & Cheese Burrito (B)  Broccoli Florets Banana	Turkey Pepperoni Calzone (T)  Cheese Pizza Pie (V)  Celery Sticks Peach Cup	Double Dogs (C)  Chimi Nada (V)  Pinto Beans Whole Apple	Pizza Pocket (T)  Grilled Cheese Sandwich (V)  Green Beans Mixed Fruit

### Featuring Winter Cabbage: Rainbow Coleslaw

**Makes 12 servings.**

*½ cup per serving.*

**Prep time:** 15 minutes

#### Ingredients:

2 cups thinly sliced red cabbage  
2 cups thinly sliced green cabbage  
½ cup chopped yellow or red bell pepper  
½ cup shredded carrots  
½ cup chopped red onion  
½ cup fat free mayonnaise  
1 tablespoon red wine vinegar  
¼ teaspoon celery seed (optional)  
½ cup low-fat Cheddar cheese, cubed

#### Instructions

1. In large bowl, combine vegetables.
2. In small bowl, combine mayonnaise, vinegar, and celery seed to make the dressing.
3. Pour dressing over the vegetables in large bowl.
4. Toss until well coated.

#### Nutrition information per serving:

Calories 30, Carbohydrate 4 g, Dietary Fiber 1 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 2 mg, Sodium 145 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2008*

*Available choices to go with menu items:*

*Non-Fat Chocolate Milk  
1% Low-Fat White Milk  
100% Fruit Juice  
Sliced Apples  
Baby Carrots & Ranch  
Whole Grain Snacks*



USDA requires that a student select a minimum of 3 different components: **Fruit, Vegetable, Protein, Grain, Milk**



**A COMPLETE LUNCH MUST INCLUDE A ½ CUP OF FRUIT OR VEGETABLE**

### A La Carte Menu

Milk \$0.75  
Water \$0.75  
Fruit Juice \$0.75  
Whole Grain Crackers \$0.75  
No credit is extended for a la carte purchases.



### Vegetarian Options Available Daily!

Check in with your Super Lunch Lady at your school site for the vegetarian entrée of the day.



The Child Nutrition Services Dept. can be reached at (408) 223-4500, Mon-Fri, 7:30am -4:00pm

**MENU KEY**  
(V) Vegetarian  
(C) Chicken  
(B) Beef  
(P) Pork  
(T) Turkey

### Healthy Tip!

Go for a walk or jog in the morning to jump-start the brain.

This institution is an equal opportunity provider and employer. **Menu is subject to change without notice.** For CalFresh information, call 1-877-847-3663. Visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net) for healthy tips.